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WHAT IS CLAIMED IS:

 A method of populating a contact list on a portable device, the method comprising:

extracting contact information from a number of messages stored in a memory in the portable device; and

- entering the extracted contact information into a contact list maintained by a program operating on the portable device.
 - The method of claim 1, wherein extracting contact information includes monitoring incoming messages and retrieving contact information from incoming messages.
 - The method of claim 1, wherein contact information includes a simple mail transfer protocol (SMTP) email address.
 - 4. The method of claim 1, wherein extracting contact information includes scanning a message database and retrieving contact information from messages contained in the database.
 - The method of claim 4, wherein the scanning occurs since a certain time.
 - The method of claim 5, wherein the certain time is the time of the last scanning.
- 7. The method of claim 1, wherein entering the extracted contact information into a contact list maintained by a program operating on the portable device includes providing a graphical user interface (GUI) with contact information configured to receive a selection from a user of the portable device.
- 8. The method of claim 1, wherein entering the extracted contact information into a contact list maintained by a program operating on the portable device includes automatically entering in the contact list only contact information not already contained in the contact list.

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- The method of claim 1, further comprising filtering contact information to include or exclude from the contact list contact information from emails received from certain domains.
- The method of claim 1, further comprising filtering contact
 information to include or exclude from the contact list contact information from retrieved addresses from certain domains.
 - The method of claim 1, further comprising filtering contact information to include in the contact list only email sender information.
- 12. In a portable device, a user interface configured to facilitate the populating of a contact list, the user interface comprising:
 - means for extracting contact information from a number of messages stored in a memory in the portable device;
 - means for presenting the extracted contact information on the portable device;
 - means for receiving a number of selections of contact to be stored in the contact list; and
 - means for entering the selected contact information into a contact list maintained by a program operating on the portable device.
- 20 13. The user interface of claim 12, wherein means for presenting the extracted contact information on the portable device includes means for providing a checklist of extracted contact information.
- The user interface of claim 12, wherein means for presenting the extracted contact information on the portable device includes a display on a wireless
 application protocol (WAP) phone.
 - 15. The user interface of claim 12, wherein means for entering the selected contact information into a contact list maintained by a program operating on the portable device includes means for automatically entering in the contact list only contact information not already contained in the contact list.

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A processing system comprising:

a central processing unit (CPU); and

a storage device coupled to a processor and having stored there information for configuring the CPU to:

- 5 extract contact information from a number of messages stored in a memory in the portable device; and
 - enter the extracted contact information into a contact list maintained by a program operating on the portable device.
- 10 17. The system of claim 16, wherein the CPU is further configured to monitor incoming messages and retrieve contact information from incoming messages.
 - 18. The system of claim 16, wherein the CPU is further configured to scan a message database and retrieve contact information from messages contained in the database.
 - 19. The system of claim 15, wherein the CPU is further configured to provide a graphical user interface (GUI) with contact information configured to receive a selection from a user of the portable device.
- 20. The system of claim 15, wherein the CPU is further configured to 20 automatically enter into the contact list only contact information not already contained in the contact list.
 - 21. A system for populating a contact list on a portable device, the system comprising:

means for extracting contact information from a number of messages

25 stored in a memory in the portable device; and

means for entering the extracted contact information into a contact list maintained by a program operating on the portable device.